

What's on at Services

Friday	Saturday	Sunday
<ul style="list-style-type: none"> ❑ An aircrew appreciation night is at the officers' club tonight from 5 - 9 p.m. (Ext. 3636) ❑ "Dr. D" disc jockeys from 5 p.m. - 2 a.m. at the Liberty Club. (Ext. 3869) ❑ Fiftieth- anniversary souvenir decanters are on sale at both clubs for \$29.95. (Ext. 3869) 	<ul style="list-style-type: none"> ❑ Dark Horse plays at the Liberty Club from 9 p.m. to 1 a.m. (Ext. 3859) ❑ Information, tickets and tours sponsors trips to London or Stonehenge, and Salisbury. ❑ A video club for children 6 - 8 meets at the youth center from 1 - 3 p.m. (Ext. 3180) 	<ul style="list-style-type: none"> ❑ Family health and fitness day at High Lodge Park begins at noon. (Ext. 2710) ❑ The chess club meets at the RAF Lakenheath Community Activity Center from 4 - 6 p.m. (Ext. 2221) ❑ Sunday brunch is at the officers' club from 9 a.m. - noon. (Ext. 3636)

Crafts demonstration

A craft demonstration day is from 10 a.m. - 4 p.m. at the RAF Lakenheath Community Activity Center Saturday. Entry is free. For more information call Ext. 2221.

Yoga class

Yoga and relaxation classes begin Oct. 7 at the RAF Lakenheath Community Activity Center. Class are Tuesdays from 6:30 - 8 p.m. Cost is \$25 for four weeks. Call Ext. 2221 for more information.

Chess club

The next chess club meeting is from 4 - 6 p.m. Sunday at the community center. For more information call Ext. 2221.

Hip Hop for Teens

Hip Hop for Teens is from 5 - 6 p.m. Tuesdays. The price is \$3.75 per class and is open to teenagers 13 - 18. This class will give teens a chance to learn how to dance for

social events, learn the latest moves and meet new people. Call Ext. 3180 for details.

Parent and toddler classes

The youth center is offering two new classes for parents and children: Danceroics and Tots Tumbling and Basic Movement Class. The Danceroics class will be offered from 11 - 11:45 a.m. Wednesdays and is for parents and children ages 3 - 5. The Basic Movement class will be 10 - 10:45 a.m. Wednesdays for parents and children ages 2-5. Cost for each class is \$3.75. For more information call Ext. 3180.

Reading discussion group

Anyone interested in joining a reading group should call the base library at Ext. 3713. Meeting dates and times will be decided by the group.

Morale bus

The Shepherd's Grove morale bus provides transportation to and from RAF Lakenheath Community Activity Center and the Shepherd's Grove Community Activity Center. People can leave the Shepherd's Grove Community Activity Center at 9 a.m. to go to the RAF Lakenheath Community Activity Center. The bus picks up people to go back to Shepherd's Grove at 3:30 p.m. Cost is \$4 per person. For more information call Ext. 4417.

Frequent shopper's program

Electric Avenue offers a frequent shoppers program. Shoppers with the frequent shopper card who spend \$5 or more get a stamp. After 10 stamps, the shopper's card gets entered into a drawing for a cash prize. The next drawing is Dec. 19 for a \$300 shopping spree. The offer is also valid at Electric Avenue 2 at RAF Feltwell. There is no limit on entries for the drawing. Sponsored by GEICO Insurance (no federal endorsement of sponsor intended).

At the movies

RAF Lakenheath

Today

7 p.m. - "Out to Sea" (PG-13) Starring Walter Matthau and Jack Lemmon. Charlie and Herb wind up as dance instructors aboard a cruise ship in the Caribbean where they plan to meet wealthy women aboard the ship.

9:30 p.m. - "Face Off" (R) Starring John Travolta and Nicholas Cage. Travolta is a FBI anti-terrorist agent who attempts to capture the man who killed his son. Travolta assumes the criminal's identity, only to find the criminal, Cage, has assumed his identity.

Saturday

4 p.m. - "Wild America" (PG) Starring Jonathon Taylor Thomas and Devon Sawa. Three young brothers set out across the country with their camera.

7 p.m. - "My Best Friend's Wedding" (PG-13) Starring Julia Roberts and Dermot Mulroney. Julianne and Michael, best friends since childhood, agreed to marry each other if they were still single at age 28.

9:30 p.m. - "Hoodlum" (R) "Hoodlum" looks back at the 1930s into the lives of famous gangsters from that time.

Sunday

4 p.m. - "Wild America" (PG)

7 p.m. - "Hoodlum" (R)

Monday

7 p.m. - "My Best Friend's Wedding" (PG-13)

Tuesday

7 p.m. - "Hoodlum" (R)

Wednesday

7 p.m. - Movie schedule not available

Thursday

7 p.m. - Movie Schedule not available

RAF Mildenhall

Friday

7 p.m. - "A Simple Wish" (PG) Starring Martin Short and Mara Wilson. Anabel wishes for a fairy godmother but gets Murray, a poor spell-caster, instead. Meanwhile, an evil fairy godmother tries to take over all the wishes of the world.

9:30 p.m. - "Men in Black" (PG-13) Starring Tommy Jones and Will Smith. Jones and Smith work for a top secret government agency dealing with aliens on earth. The two discover a deadly intergalactic plot.

Saturday

7 p.m. - "A Simple Wish" (PG)

9:30 p.m. - "Fire Down Below" (R) Starring Marg Helgenberger and Steven Segal. An environmental protection agent goes undercover in rural Kentucky to find who is involved behind the dumping of lethal chemicals.

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Menu

Friday
Lunch: manicotti florentine, roast beef, ginger-basted cod
Dinner: spaghetti with meatballs, Newport-fried chicken, Steak-Ums

Saturday
Brunch: pork chops Mexicana, teriyaki-chicken
Supper: steak smothered with onions, el rancho stew, chicken nuggets

Sunday
Brunch: vegetarian cabbage, breaded shrimp
Supper: roast veal with herbs, Salisbury steak, chicken in Dijon sauce

Monday
Lunch: beef stroganoff, hot and spicy baked chicken, parmesan fish
Dinner: baked and stuffed pork chops, breaded shrimp, beef cordon bleu

Tuesday
Lunch: braised beef and noodles, Jaegerschnitzel with mushrooms, barbecued spareribs
Dinner: country-style steak, Cornish hen, French-bread pizza

Wednesday
Lunch: lasagna, chicken-breast parmesan, spaghetti with meatballs
Dinner: turkey ala king, breaded liver with onions, beef pot roast

Thursday
Lunch: sweet and sour pork chops, beef fajitas, Yakisoba vegetarian
Dinner: Swiss steak with mushroom, Creole shrimp, fried chicken